

WELCOME TO CAL-STAR CHEER

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2019-20 Cheer Season Parent Packet

Tryouts: During tryouts we will assess current and potential skill level. Athletes should know their limitations and not attempt skills beyond their current level of experience at tryouts. Safety is the number one concern.

Tryouts are both days. Results will be sent in an email the following Monday.

In the event an athlete cannot attend tryouts, he or she may arrange a private evaluation for an additional fee of \$40. Private evaluation will be one full hour and just one day.

Coaching staff will evaluate each athlete on the following criteria:

- Tumbling Difficulty & Execution
- Athleticism
- Dance ability and showmanship
- Willingness to accept and apply instruction - Stunting positions (flyer, base, back spot)
- Overall attitude and attendance from the past season, if applicable

Teams: Levels TBA

- Youth 6-11 Years Old
- Junior 8-14 Years Old
- Senior 11-18 Years Old

LEVEL	Standing Tumbling	Running Tumbling
1	Front walkover, Back walkover, Forward roll	Front walkover, Back walkover
2	Back handspring, Back walkover, T-jump to back HS	Running tumbling to a back HS/series
3	Multiple back HS, Jumps to a standing BH	Running tumbling to a tuck. Specialty
4	Standing tuck, jumps to back HS tuck, layout and standing back handsprings to layout pass	Running tumbling to layout. Specialty
5	Jumps to back tuck, multiple BH to full full.	Running tumbling to full. Specialty Pass to full.

Our MISSION:

Train, Grow & Compete with the Confidence of a Champion:

Our goal is to see your child live life with the confidence of a champion. Our staff is extremely passionate about creating experiences, through the sport of cheerleading, which will help your child live with greater confidence. The opportunity to perform in competition is one way we as a staff and you as a parent measure progress and that they have the confidence of champions.

Here are four ways we have seen athletes' confidence grow through being part of our teams.

- Your child will learn the importance of individual best and teamwork. Our teams are great because each athlete learns to have confidence in their unique strengths and appreciate the strengths of their teammates. Our athletes know how to confidently work as a team which helps them excel in the sport of cheerleading and will help them excel in future teamwork opportunities.
- Your child will be celebrated for their achievements. We have so many different types of special celebrations for our athletes that reinforce traits that will help them experience life-long success. We celebrate character traits, skill development, hard work, team unity and personal achievements to make sure each athlete has the confidence of a champion.
- Your child will be encouraged to dream BIG. We help them realize that their dreams can become a reality with hard work, commitment and confidence. We aim to teach our athletes to set, reach and achieve their own personal goals. As the athletes accomplish their goals their confidence in their capabilities increases. Their amazing drive inspire us to keep working hard to help them.
- Your child will learn to face challenges with confidence, poise and composure. As a result of performing their high performance routines in front of hundreds of people, our athletes learn to face everyday situations with ease, grace and confidence.

Championship Values

Every champion lives by a set of core values that help them achieve their vision and dreams. As an organization, we have defined five core values that guide us towards accomplishing our vision.

- Positive Impact: We strive to have a positive impact in people's lives by helping them discover their strengths, talents/giftedness and by helping them discover their potential and live it out.
- Respect People: We believe respect is treating people with dignity, love and worth because everyone has value and everyone's existence is important.
- Innovation and Improvement: Innovation is driven by our curiosity and creativity to improve everything we do so that we can better help people.
- Deliver the message: The message we strive to deliver is that All-Star cheerleading is an amazing experience and a sport for all.
- Excellence in Who We Are and What We Do: We strive to always be our best and do our best.

Financial Obligations: Please consider all costs associated with all-star cheerleading when making your decision to participate.

Tuition: 2 days/week (2 hour practices) \$185.00/ automatic monthly payments
Season commitment: Sept. 1st 2019 thru May 2020.

Additional Tumbling classes: All-Star Team members receive a 25% discount on classes

A credit card must be on file for participation on All-Stars. Parents have the choice to pay by check or cash if paid by the 27th of each prior month and not have their card charged.

Additional fees:

1. Club member Registration: \$40/ annual fee covers yearly office administration
2. Competition Coaches Fees: \$40/per competition- Due two weeks before each competition

* these fees listed below subject to change

3. USASF Athlete membership: \$30 (required to compete)

4. Competition Fees: TBA (approx. \$555)

* We break the competition fees into 2-3 payments. The earlier we get the 1st payment in the more time we have to stretch out payments for all. All competition fees are nonrefundable.

5. Uniform Fees: TBA \$350-\$450 (GK company)

* We try to keep the same uniforms for at least two years. Athletes can sell their personal uniform to a new member in the event you move, etc. and coaches are happy to assist with arrangements.

6. Travel: there are travel and entry fees for family members into competition to keep in mind

7. Music & Choreography: divided amongst all team members, usually invoiced after the few weeks of joining a Cal-Star team.

Quality & Value: Last, your child is receiving instruction from experienced, dedicated and passionate coaches who work beyond the hours seen in practice on the floor and at competitions. It takes valuable time to build a respected team program for your athlete and her team including lesson plans, managing competition entries, phone calls, selection of music, uniforms and much, much more.

All-Star bases fees on an annual commitment, therefore there are no refunds of any kind or partial credits for competition fees, coaches fees, uniforms if you choose not to continue.

Athletes renew contracts in May of each year. A 30 day minimum notice anytime before May 1st is required if your child decides to quit the team. A early termination fee of \$250 will apply. Your athlete is expected to attend practice and assist teaching his or her spot/position. Athletes must be current in tuition to compete.

Practice: Attendance is very important. If a child has more than 4 unexcused absences, they may be removed from the team. You are also charged \$10.00 per unexcused absence after the first 4 unexcused absences. Excused absences must be known prior to the absence and must be submitted via email to amber@calstar.info. A child with a sickness/injury on the day of a practice must come to the next practice with a parent or doctor's note for it to be excused.

Make-up Policy: There are no make ups within the Team program. Tuition is determined annually and has been divided into 12 monthly payments for your convenience. Tuition is not prorated or increased or depending on the number of classes in a month. Team tuition rates per hour are drastically less than that of the recreational programs. We cannot pro-rate for family vacations.

Open Gym/ Cheer Programs Policy: Team members are not permitted to attend another cheer gym's Open Gym or program without permission from their own coach for any reason as it displays a lack of commitment to our club, your coaches, and your teammates. Furthermore, it is for your own safety as other coaches do not know you or your skill level. When participating at Cal-Star open gyms you are not to attempt skills that have not been taught to you or that you don't perform on a regular basis. Open gyms are designed for you to work independently on your current skills in a fun, supervised atmosphere. It is also a time where you may spend in the gym with your friends and teammates.

Disciplinary Action Policy: The development of the coach/athlete relationship is vital to the success of the athlete. Therefore, we cannot and will not run to the parent every time there is a problem. We will attempt to build our own relationship with our athletes. Those relationships are built on time shared, belief in the same dreams and values, work performed together, and the emotional ups and downs that are part of all important ventures. The downs include discipline problems that we will work to solve within the framework of building a relationship. In the instance we need your help to overcome a challenge that is too much for us to accomplish on our own, we will contact you. The coaches and staff of Cal-Star reserve the right to remove any athlete who may be disrupting the progress of a practice or endangering themselves, the coaches, or other athletes.

Observation Area: Observers must follow the gym's safety rules. Please refrain from gesturing, signing, or correcting your child while they are on the gym floor. Please do not attempt to coach or speak to your child while in class—leave the coaching to the coaches. These kinds of distractions can be dangerous to all athletes on the floor and could result in injuries. Parents who wish to take pictures or record their child MUST make sure that they turn off the flash on their device. Children not participating in class should remain seated with their parent in the observation area under their supervision at all times. Unless a child is in a class, NO unsupervised children are allowed in the building. Tumbling, stunts and generally all basic skills are not to be attempted in the observation/lobby areas. Observers are expected to be respectful to our facility and property. Noise levels should be kept to a minimum as not to distract from any athlete or coach on the gym floor, and to be courteous to the other observers who wish to enjoy that area. Observers not following these safety precautions will result in being asked to leave the observation area or the building.

Media Release: Cal-Star Gymnastics, Ltd reserves the right to use the athlete's name, photos and/or video footage that may be taken for promotional purposes on our website and social media accounts.

Scheduled Gym Closings: No practice these days

October 31st

Nov 28th Thanksgiving Day

Dec 24th– Jan 2nd Christmas Break

Spring Break - TBA

Competitions:

Our teams will compete 5-6 competitions, with 1-2 of these being out of town events. All competitions are MANDATORY. We will release a competition schedule in October.

Athlete/ Parent Contract: Required of all team members and returned prior to the start of the first day of practice.

Cal-Star Gymnastics coaches and staff abide by the following policies as outlined by SafeSport below:

One-on-one interactions between an adult and a minor athlete must be observable and interruptible.

No minor athlete shall ride alone in a vehicle with an unrelated adult involved in gymnastics.

All electronic communication originating from adults to minors must include a second adult or one other person.

Photographs or videos of athletes may only be taken in public view and must observe generally accepted standards of decency.

Adults are not permitted to be alone with minors in locker rooms or changing areas.

No personal gifts are permitted. Gifts must be equally distributed to all athletes and serve a motivational or educational purpose.

All rubdowns and massages require consent from the athlete and minor's legal guardian. Massages are not permitted beyond immediate pain mitigation while on the competition or training floor. All massages must be performed in an open and interruptible location.

Icing or taping performed on an athlete must be in an open and interruptible location.

Care should be taken to prevent and avoid any compromising positions while stretching or interacting with athletes.

No coach, trainer or instructor who is impaired may interact with a athlete.

All employed by Cal-Star must allow parents of minors to access or observe training.

Our coaching staff is required to meet minimum standards along with a background check upon hire and expected to continue an ongoing educational track immediately upon hire as outlined by Cal-Star Gymnastics, Ltd

We are truly honored to teach your child and take that role seriously!

Expectations of Families:

The parent can have the most difficult role in the athlete's career. While everyone involved (Parent, Athlete, Coach) are equally important, the parent has the smallest role in controlling the performance of the athlete. At the same time, the parent has the greatest sense of emotional attachment to the performance. This high level of emotional investment and low level of control can lead to stress on the parents part. Due to this, parents' have been known to lose sight of the important role that they have to play which is to provide support to their child in all situations.

Be your child's biggest cheerleader. Show your child unconditional love and encouragement. Children need to feel loved when they are victorious and even more so when they are defeated. Athletes need to be able to take chances, whatever the outcome. Don't send the message to your child that they have to win in order to receive your love. Athletes who know defeat or have performed poorly already feel bad. Let your child know you believe in them and their abilities. The important thing is that they tried their best. As long as hard work and dedication is there improvement is guaranteed to follow.

Make every attempt to have your athlete to all scheduled practices, competitions and team events on time. Do your best to be prompt when picking up your child. We understand that each athlete is a student first. There will be times that the athlete must miss practice to a large school workload or school event. Please communicate with us if any such conflict arises by sending us an email. If you are going to be late picking up your child, please call us so that we are aware and can notify your child.

Physically, make sure your child is well nourished, hydrated, and well rested for each practice. Encourage good diet and sleeping habits. Nutritious meals both before and after work outs are essential to your athletes training. Please note that athletes may drink only water during practices.

Do not coach your child. Parents who make technical corrections create a conflict between the athlete and coach. It is imperative that athletes do not question their coaches. Please do not ask what your child can be doing at home to improve their performance. All athletes will progress at their own rate and it is our job as coaches to monitor and further help this progression in the gym. If we feel there is anything additional the athlete should be doing outside of the gym, we will communicate that with you and/or the athlete. It is not in the best interest for your athlete for you to sit through every lengthy practice. It adds unnecessary pressure to your athlete and can be detrimental to their progress. We do suggest popping in at different random times to see your child's progress.

Team families are expected to be advocates of Cal-Star Cheer and its coaches. We expect every parent or guardian to set a good example for their child. There is never a positive outcome from gossiping and it can only cause harm to everyone involved. Never compare your child to another cheerleader. Every athlete and situation is different. Do not make assumptions. Do not take things personally. Unacceptable actions or behavior made by either the athlete OR the parent can jeopardize your child's current and future membership with the Cal-Star Cheer Competition Team.

If you have a concern please set up a meeting via email. Do not try to discuss any concerns with coaches directly prior to, during, or after practice without advanced notice. This takes away from the coach's ability to do their job on the floor and takes their attention away from the athletes. If a matter requires immediate attention, please inform the person at the front desk so they can relay the message. Please be aware that there is one or two coaches and several athletes on the team. **We want to share our time in a fair manner amongst all the team parents and not just a few. If you have questions that may benefit all, give the coaches time to address the answer to your question in a email for the whole group to benefit. Coaches have only one additional paid hour per week outside of their direct coaching duties to see administration items are covered including ordering uniforms, researching music, athlete memberships registered with USASF and setting up entries into competitions. Please be mindful coaches want to get home to their families after practice. Scheduled meetings with your child's coach needs to be scheduled 24 hours in advance and limited to 15 minutes. No exceptions!**

You are expected to adhere to gym rules and policies established by Cal-Star Gymnastics, Ltd. Understand that sometimes policies and procedures may need to be revised for the best interest of all in the gym.

Below are positions to be filled at the discretion of the Cal-Star coaching staff:

Team Parent Liaison: one parent who will volunteer for the entire season to coordinate with our coaching staff that all communication is received and understood by team members parents. Assist all new members joining the team will have all necessary information and/or parents new to the sport of All-Star cheer.

Spirit Coordinators: usually two parent volunteers working together who play an integral part in the planning and implementation of a variety of ideas and activities to enhance the experience amongst the whole team at competitions.

Awards Banquet: This is something we do at the end of a competitive season to celebrate our athletes individual and unique accomplishments. Coaches may acknowledge attendance, performance and unique talents that a particular athlete brings to his or her team and any other important accomplishments needing recognition. Our athletes usually prepare for this event with a fun and creative performance for the parents. Everyone is asked to participate in bringing one item to share, potluck. All Cal-Star Cheer related events and celebrations are held at the gym only.

ADDENDUMS, ADDITIONS OR REVISIONS

Changes made to this Parent packet at any point during the season will be immediately brought to the parent/guardian's attention via e-mail. Parents must reply to any changes via e-mail signature to verify receipt of revisions.